



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09046, Blackberries, canned, heavy syrup, solids and liquids

Report Date: June 29, 2017 22:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Proximates					
Water	g	75.06	3	0.434	192.15
Energy	kcal	92	--	--	236
Energy	kJ	385	--	--	986
Protein	g	1.31	3	0.060	3.35
Total lipid (fat)	g	0.14	3	0.012	0.36
Ash	g	0.39	3	0.009	1.00
Carbohydrate, by difference	g	23.10	--	--	59.14
Fiber, total dietary	g	3.4	--	--	8.7
Sugars, total	g	19.70	--	--	50.43
Minerals					
Calcium, Ca	mg	21	3	1.050	54
Iron, Fe	mg	0.65	3	0.070	1.66
Magnesium, Mg	mg	17	3	0.666	44
Phosphorus, P	mg	14	3	0.000	36
Potassium, K	mg	99	3	6.119	253
Sodium, Na	mg	3	3	0.333	8
Zinc, Zn	mg	0.18	3	0.007	0.46
Copper, Cu	mg	0.133	3	0.033	0.340
Manganese, Mn	mg	0.697	3	0.195	1.784
Selenium, Se	µg	0.3	--	--	0.8
Vitamins					
Vitamin C, total ascorbic acid	mg	2.8	3	0.462	7.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Thiamin	mg	0.027	3	0.001	0.069
Riboflavin	mg	0.039	3	0.001	0.100
Niacin	mg	0.287	3	0.058	0.735
Pantothenic acid	mg	0.151	3	0.023	0.387
Vitamin B-6	mg	0.036	3	0.002	0.092
Folate, total	µg	27	3	1.317	69
Folic acid	µg	0	--	--	0
Folate, food	µg	27	3	1.317	69
Folate, DFE	µg	27	--	--	69
Choline, total	mg	5.7	--	--	14.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	11	3	0.477	28
Retinol	µg	0	--	--	0
Carotene, beta	µg	131	--	--	335
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	219	3	9.539	561
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	79	--	--	202
Vitamin E (alpha-tocopherol)	mg	0.78	--	--	2.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	13.3	--	--	34.0
Lipids					
Fatty acids, total saturated	g	0.005	--	--	0.013
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
16:0	g	0.003	--	--	0.008
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.014	--	--	0.036
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.013	--	--	0.033
20:1	g	0.001	--	--	0.003
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.080	--	--	0.205
18:2 undifferentiated	g	0.053	--	--	0.136
18:3 undifferentiated	g	0.027	--	--	0.069
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0